



SAN DIEGO

LA JOLLA RECREATION CENTER



615 PROSPECT STREET, SAN DIEGO, CA 92037

(858) 552-1658

Express Yourself Kids Dance & Movement

Creative Movement & Expressions:

An introduction to basic dance skills with an emphasis in creative expression. Dance Skills and concepts will be taught through physical exploration, coordination, rhythm and musicality in a non-traditional way instilling a love for dance.



Hip Hop:

This Energetic class teaches basic dance skills through physical exploration, rhythm and coordination using fun Hip Hop beats. This is a great second class or for those who desire a little less structure and more active movement.

Thursdays:

All Class Fees are \$55 for a 4 week session

Creative Movement & Expressions

Time: 10:00 - 10:45 a.m. **Ages:** 3 - 4 years Preschool

Session I: 9/7 - 9/28/2017 #42352

Session II: 10/5 - 10/26/2017 #42353

Session III: 11/2 - 11/30/2017 #42354

Mini Hip Hop:

Time: 11:00 - 11:45 a.m. **Ages:** 3 - 4 years

Session I: 9/7 - 9/29/2017 #42359

Session II: 10/5 - 10/26/2017 #42360



Fridays:

Hip Hop:

Time: 3:30 - 4:15 p.m. **Ages:** 5 - 10 years

Session I: 9/8 - 9/28 /2017 #42355

Session II: 10/6 - 10/27/2017 #42356

Session III: 11/3 - 11/17/2017 #42357(No class on 11/10 & 11/24)

Cost: \$27.50 for two weeks)

Creative Movement & Expressions

Time: 4:30 - 5:15 pm Creative Movement & Expressions **Ages:** 5 - 10 years

Session I: 9/8 - 9/29/2017 #42362

Session II: 10/6 - 10/26/2017 #42363

Session III: 11/3 - 11/17/2017 #42364 (No class on 11/10 & 11/24)

Cost: \$27.50 for two weeks



Adult Zumba:

Come Join the Dance Fitness Party. No experience required! Zumba is a cardio-dance based workout using a variety of dance styles and rhythms to upbeat music. The class is an exhilarating, effective, easy to follow, Latin-inspired, calorie burning dance fitness-party. Participants will have fun while dancing their calories away Zumba style!

Fridays:

Time: 5:30 - 6:30 p.m. **Ages:** 15 and up

Session I: 9/8 - 9/29/2017 #42368

Session II: 10/6 - 10/27/2017 #42369

Session III: 11/3 - 11/17/2017#42370 (No class on 11/10 & 11/24) **Cost:** \$27.50 for two weeks

For More information Contact:

Instructor: Jennie Bryant

Email: Expressionsdanceandfitness@gmail.com

 **All City of San Diego parks and beaches are smoke free.**

FOR MORE INFORMATION PLEASE CALL (858) 552.1658

WWW.SDRECCONNECT.COM



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER @ 619-235-1132) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE

